# Upcoming Events:

## SmokeFREE

**Wednesdays, February 2, 9, 16, 23, March 2 & 9 from 6 - 8 pm**
**Interboro High School**
**500 16th Avenue | Prospect Park, PA**

This is Main Line Health's FREE six-session behavior modification program aimed at helping you quit smoking for good. Participants may be eligible for free nicotine replacement therapy (patch, lozenge, or gum). This Southeastern Pennsylvania (SEPA) Tobacco Control Project is supported by the Health Promotion Council and funded through a grant from the Pennsylvania Department of Health, Edward G. Rendell, Governor. Pre-registration is required. To register or for more information about this or our support group (Quit For Life), please call 610.591.3635.

## National Safety Council Mature Driving

**Monday & Tuesday, February 28 & March 1 at 9 am**
**Health Center 3 | Community Education Center**

This course addresses the specific challenges of drivers over the age of 55. All classes are filled on a first come, first serve basis. If you just need the renewal course, please attend day one only and bring proof that you have attended an 8-hour course previously (certificate of completion, cancelled check, insurance statement, etc.). Cost is $15 per person and checks need to be made payable to "DVSS." Pre-registration is required. For more information and to register, please contact us at 1.866.CALL.MLH (225.5654).

Cholesterol Vouchers, Stroke Risk Assessments and Blood Pressure Screenings will be available to the community at the following locations:

Aston Community Center
Thursday, February 24
10 am - 12 noon

Boscov's Granite Run Mall
(1st Floor mall entrance)
Wednesday, February 16
12 noon - 2 pm

Brookhaven Municipal Building
Monday, February 14
10 am - 12 noon

Rocky Run YMCA
Wednesday, February 9
9 - 11 am

Community Health Services
1068 West Baltimore Pike
Media, PA 19063
610.891.3560

www.mainlinehealth.org/riddle

Riddle Hospital
Main Line Health
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Riddle Hospital presents:

# Helping Hands

*a newsletter for our support groups*

Volume 6 Issue 2
February 2011

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## Breast Cancer Survivors Network

*5:30 pm in the*
***NEW LOCATION: Community Education Annex Classroom (Located BEHIND the Thrift Shop)***

**Tuesday, February 1.** This group is for women facing breast cancer and focuses on staying positive and healthy through the support of survivors. All are welcome!

## Cancer

*1 pm in Health Center 1, Conference Room*

**February 1, 8, 15 & 22.** This group is open to patients with all types of cancer. On Tuesday, February 22, we will hold our monthly session of "I Can Cope." This month, join us to hear Becky Ledva, LSW, Care Coordinator, Anderson Elder Law, discuss "Preparedness." Becky will provide an overview of legal documents, medical needs, social services and financial aspects you might consider as you "take charge of your affairs." Please call 610.627.4480 with any questions.

## Diabetes

*1 pm in Health Center 4, Conference Room 2*

**Tuesday, February 8.** Please call 610.891.3769 for more information. All are welcome!

## Grief

*2:30 pm in Health Center 1, Medical Library*

**Wednesdays, February 2, 16, March 2, 16, April 6, 20, May 4 & 18.** This is a structured, eight-session program designed for individuals who have lost a person close to them within the past twelve months. Please contact 610.891.3929 for more information and to register for the next session.

## Main Line Mothers of Multiples

*7:30 pm in Health Center 3, Conference Room 1*

**Thursday, February 17.** This group offers parents of multiples a network of support and socialization, focusing on child development and parenting issues. All are welcome!

## Ostomy

*6:30 pm in Health Center 3, Community Education Center*

**Wednesday, February 9.** A certified wound, ostomy and continence Nurse Practitioner chairs this meeting which offers professional education, peer-to-peer support, and a guest speaker who touches on pertinent topics at almost every meeting. This group provides the opportunity for support, discussion, information, and resources. Join us for our monthly discussions. All are welcome!

## Perinatal Bereavement

*7:30 pm in Health Center 3, Community Education Center*

**Mondays, February 7 & 21.** This group is for anyone who has experienced a miscarriage, ectopic pregnancy, still birth, or infant death. Join us in this comforting atmosphere. To register, please call 1.888.488.6483.

## Prostate Cancer Education

*6:30 pm in Health Center 3, Conference Room 1*

**Tuesday, February 8.** This is a group for those who have struggled with prostate cancer and their loved ones. This month, Michele L. Archibald, RPSGT, Clinical Coordinator of The Sleep Center at Riddle Hospital, will explain how to have "Better Sleep with Prostate Cancer." Get an eye-opening account of solutions for apnea, early awakening and more as Michele explains the basics of good sleep. Maximize the time your eyelids are closed with a demonstration of The Sleep Center's equipment and services. Bring a friend, your spouse, or someone you know who has prostate cancer. Call 610.627.4480 for more information. All are welcome!

## Quit for Life

*7 pm in Health Center 1, Conference Room*

**Mondays, February 7 & 21.** This support group is for individuals who have quit smoking and want to stay smoke free. Registration is preferred. To register, please call 610.891.3635.

Unless otherwise noted, please contact 1.866.CALL.MLH (225.5654) or visit us on the web at www.mainlinehealth.org/riddle for more information on any of our support groups, classes, or lectures.

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